

Day 5 Theme: Calm Down

- **Book: Breathe with Me: Using Breath to Feel Strong, Calm, and Happy**
- **Ready Rosie Video: How to Handle a Temper Tantrum**
<https://app.readyrosie.com/en/videos/647>
- **Handouts: Yoga Flash Cards**
- **Parent Email**

Preparation for Lesson:

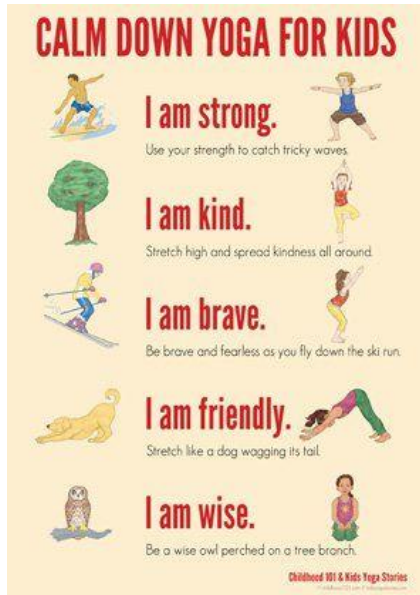
- Pre-print yoga flash cards 10 maximum.
- Read Breathe with Me Using Breath to Feel Strong, Calm, and Happy by Mariam Gates
- Use carpet squares, towels or floor mats to place around the classroom, this is for each child to have their own space during yoga exercise.
- Have mirrors available for each child if possible
- YouTube, Pandora or any music choice, have yoga calming music ready to go.

Breathe with Me: Using Breath to Feel Strong, Calm, and Happy Teaching Children About Self-Calming and Controlling Emotions

1. Introduce the book Breathe with Me to the children.
 - a. Ask the group what we do when we feel sad and upset.
 - b. Make two breathing sounds
 - i. One a calming breath. Ask the children do they think you are happy or sad.
 - ii. The second is an angry heavy breath. Ask the children do they think you are happy or sad.
2. Read the story.
3. After you have read the story, have the children take deep breaths in and out.
4. Use yoga cards to implement yoga activity. The children will use deep breath techniques learned in the book to breathe through yoga activities.

More Resources

- YouTube kid friendly yoga video: Cosmic Kids
<https://www.youtube.com/watch?v=U9Q6FKF12Qs>
- The Calm-Down Time
- Benefits of Yoga <http://www.pbs.org/parents/food-and-fitness/sport-and-fitness/why-yoga-and-kids-go-together/>



Dear Parent/Guardian,

Today, your child heard a story called *Breath with Me: Using Breath to Feel Strong, Calm, and Happy* by Mariam Gates.

Your child learned the importance of taking a deep breath to take a break from their emotions. A benefit of deep breathing is for children to unplug from their busy overwhelmed brain and relax. A deep breath can make a difference in a child's day, from feeling angry and ready to use their hands to feeling calm and able to clearly explain with their words how something made them feel.

After the story, your child learned yoga poses combined with using the breathing techniques. Yoga has benefits for adults and children to help "cope with stress and contribute to a positive mental health" (Hagen & Naya, 2014). Attached is copy of the five yoga -poses you and your child can do at home to promote relaxation and self-calming techniques.

Another resource you can use to help encourage your child to stop and take a deep breath is *Calm-Down Time* by Elizabeth Verdick. https://www.youtube.com/watch?v=r8526ba_0NM. *Calm-Down Time* is a short book teaching children how to cool off and take a deep breath to regroup. A benefit is that children will identify when they are upset and need a moment to themselves, reducing the risk of using their hands out of anger.

View, *How Should I Handle Temper Tantrums?* This short 90 second video will help you support your child and help them identify their feelings and emotions.

<https://app.readyrosie.com/en/videos/647>.